



Fight the Flu With Vaccines

Vaccines are the single most effective weapon to fight influenza. Swine flu (novel H1N1) is a new virus strain spreading around the world and causing illness in much the same way as the seasonal flu viruses we see in Wyoming every year. That's why the 2009-10 influenza season will not be business as usual. For the best possible protection over the coming months, people will need to get a special novel H1N1 flu vaccine AND a seasonal vaccine!

Target Groups for Swine (Novel H1N1) Flu Vaccine

While eventually there should be enough H1N1 vaccine for everyone who wants it, when supplies are limited certain individuals at higher risk for complications from this new flu strain should be first in line:

- ✓ Pregnant women (*Vaccination is safe for pregnant women at any point.*)
- ✓ Persons who live with or care for infants under the age of 6 months (Includes parents, siblings and daycare providers.)
- ✓ Healthcare and emergency medical services personnel
- ✓ Persons aged 6 months through 24 years
- ✓ Persons aged 25 through 64 years with high-risk medical conditions

Vaccine Safety and Other Information

- ✓ Vaccination against influenza is highly recommended but is voluntary.
- ✓ Influenza vaccines have a proven track record of safety and the new H1N1 vaccine is essentially no different. No corners were cut.
- ✓ You can't get the flu from a flu shot.
- ✓ It takes a few weeks for vaccines to fully protect you from the flu.
- ✓ The seasonal vaccine will not prevent swine flu and the new H1N1 vaccine will not prevent seasonal flu.
- ✓ Children younger than 10 need two doses of the new vaccine.
- ✓ Contact your county public health office to find out where and when vaccines are being offered in your community.

More information online at www.health.wyo.gov 10/09